Nutri-Grade

Beverages

NUTRI-GRADE A B C D

Beverages | Nutrient Information

Home-brewed Iced Lemon Tea

C 9% sugar

	Per 100ml
Energy	33.7 kcal*
Protein	0.1 g
Total Fat	0 g
• Saturated Fat	0 g
• Trans Fat	0 g
Carbohydrate	5 g
Total Sugar	8.5 g

**1 kcal = 4.2 kJ*

Home-brewed Iced Jasmine Green Tea

A 0% sugar

	Per 100ml
Energy	2 kcal*
Protein	0 g
Total Fat	0 g
• Saturated Fat	0 g
• Trans Fat	0 g
Carbohydrate	0.2 g
Total Sugar	0 g

**1 kcal = 4.2 kJ*

Coca-Cola

D 11% sugar

	Per 100ml
Energy	40.19 kcal*
Protein	0 g
Total Fat	0 g
• Saturated Fat	0 g
• Trans Fat	0 g
Carbohydrate	10.5 g
Total Sugar	10.5 g

**1 kcal = 4.2 kJ*

Sprite

B 5% sugar

	Per 100ml
Energy	19 kcal*
Protein	0 g
Total Fat	0 g
• Saturated Fat	0 g
• Trans Fat	0 g
Carbohydrate	4.6 g
Total Sugar	4.6 g

**1 kcal = 4.2 kJ*

Soda Water

A 0% sugar

	Per 100ml
Energy	0 kcal*
Protein	0 g
Total Fat	0 g
• Saturated Fat	0 g
• Trans Fat	0 g
Carbohydrate	0 g
Total Sugar	0 g

**1 kcal = 4.2 kJ*

Tonic Water

C 9% sugar

	Per 100ml
Energy	37 kcal*
Protein	0 g
Total Fat	0 g
• Saturated Fat	0 g
• Trans Fat	0 g
Carbohydrate	8.9 g
Total Sugar	8.9 g

**1 kcal = 4.2 kJ*